

Walnut Ranch Salad

Makes: 50 Servings

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Ingredients	Weight	Measure
Broccoli florets, blanched	2 lb	24 cups
Romaine leaves, sliced	6 heads	48 cups
Baby spinach leaves	2 lb	24 cups
Celery, sliced	2 heads	8 cups
Green apple, sliced	4 lb	8 cups
Carrot, grated	2 lb	4 cups
Walnuts, toasted, halves and pieces	2 lb	8 cups
Ranch dressing, fat-free		4 cups

Nutrition Information	
Nutrients	Amount
Calories	170
Total Fat	11 g
Saturated Fat	1 g
Cholesterol	1 mg
Sodium	182 mg
Total Carbohydrate	17 g
Dietary Fiber	5 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	4 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A
N/A - data is not available	

Directions

1. In a large bowl combine the broccoli, romaine lettuce, baby spinach, celery, apple, carrot and walnuts. Toss all the ingredients together. Add the ranch dressing and toss to coat.
2. Serve immediately.

Source: California Walnuts